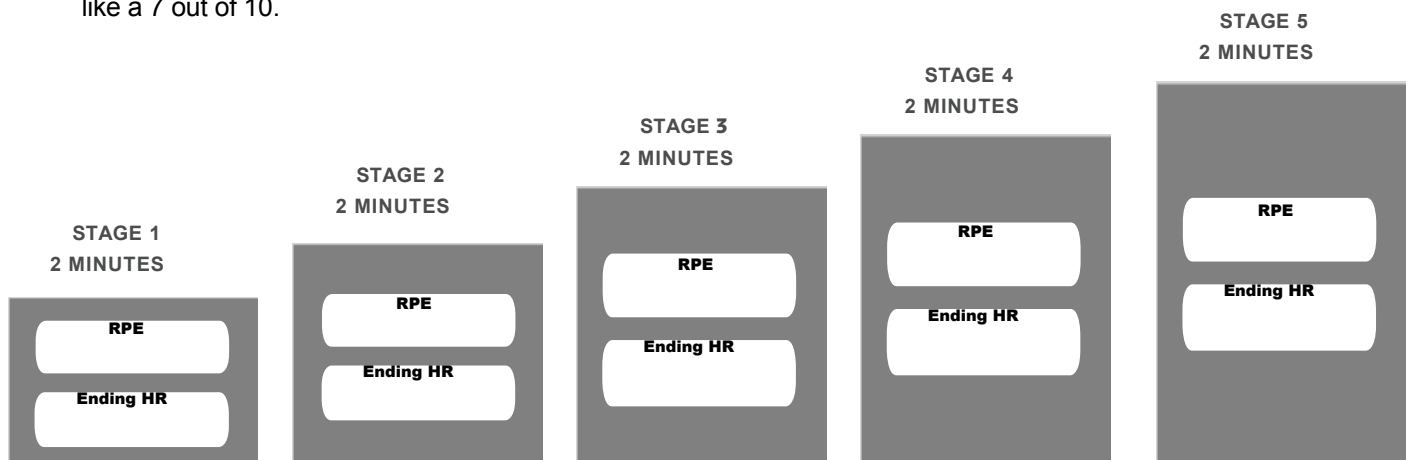


# HR Zone Workout Experience

## WARM-UP

Always warm-up before your workouts. This will allow you to burn more fat! During the Active Metabolic Assessment, we measure your specific metabolic warmup. Try this:

- 1) Choose a type of cardio machine (treadmill, bike, elliptical, etc) or other exercise like jumping rope.
- 2) Start the machine at a very low level for you or start other exercise very easily.
- 3) Every 2 minutes increase the speed or level on the machine or increase intensity of other exercise so that you have to work slightly harder - you will do this 5 times so that the total warmup is 10 minutes.
- 4) At the end of each stage right down how you feel on a 1-10 scale (RPE) with 1 meaning easiest and 10 meaning hardest. Also write down your heart rate (HR) at the end of each stage. By the end of the warmup you should feel like a 7 out of 10.



## WORKOUT EXPERIENCE

After the warm-up, take a 5 minute recovery break - stretch, drink water, etc.

Complete the example workout below taking note of how you should feel and what your heart rate is.

During the Active Metabolic Assessment we measure exactly what your zones are and teach you how to use them.

